

## Judy Brown, "Above & Beyond" Award Winner for November 2007



TILTON, NH – Judy Brown, Recreation Therapy Assistant II in the Life Enhancement Dementia Unit (LEDU) at the New Hampshire Veterans Home (NHVH) in Tilton, recently received the Home's "Above and Beyond" Award for November 2007.

Brown's experience and training with people who have dementia have inspired her to create multi-sensory theme presentations which she uses at the Veterans Home for therapeutic recreation. In one presentation she focuses on train travel—which is very familiar to

the veterans of World War II. She says, "I'll use a big photo of a steam locomotive or a caboose, then combine it with a scale model of a train that people can touch, and add sound effects from a real train." Another of her "memory boxes" induces recollections of a day at the beach. She incorporates Hawaiian music, pictures of fish, real sand, shells, and pieces of coral. These memory boxes create positive emotions, which help people feel more satisfied, more engaged in life, have higher hopes, and even laugh and smile more."

She adds, "I'm so proud of our Life Enhancement Dementia program and honored to be in a position where I can encourage and help our veterans live life as fully as possible within the limits of their individual abilities."

The Above & Beyond Award was created to recognize employees who are committed to excellence and superior performance. Judy was nominated by several of her co-workers for the award. They said, "Judy is the heart and soul of the Life

Enhancement Dementia Unit (LEDU) Recreation Department. Her high energy and positive attitude are contagious. She does craft projects at home so she can bring them to the LEDU units and make the residents' lives especially meaningful. We wish we had 50 more of her!"

Brown has worked at NHVH for two and a half years. She says, "I love making a connection with our dementia residents, especially those at the lowest level of cognition. Through sensory stimulation, you can help a resident feel comfortable, confident, and safe. They reminisce and return to a time of security—it is a momentary pleasure, but such a sweet one. For a short time, *they become who they were*—and it's so rewarding to nurture it."

Brown lives in Wentworth, NH with her husband. When she's not working, she enjoys traveling to Rhode Island to visit her family and, she adds, "I love to shop!"



**Photos:**  
**Above left,** Judy Brown.  
**Right,** Judy Brown with NHVH  
Resident Carl Gardner  
at Family Fun Day